

2003



NPC-TEXAS Entry Requirements and rules are printed on the back of this form. It is your responsibility to know them and to follow them.

ALL entry forms MUST have a copy of your current NPC-USA registration card attached.

Contest Lackland ClassicNPC-USA Sanction Number 8952

Classes of Competition _____

Date of Contest Nov. 1, 2003City Lackland AFB, San Antonio TXContest Director Steve ReichertAddress 1951 Biggs Ave.City Lackland AFB, TXTelephone (210) 671-2632Contest Site Bob Hope TheaterAddress Corner of Barnes and Nellis St on Lackland (Bldg. 5408)Contest Hotel Doubletree San Antonio AirportAddress 37 NE Loop 410 (at McCullough) San Antonio, TX 78216

OPEN and NOVICE will have three weight divisions for men and women

MEN: Under 165.25/Under 187.25/Over 187.25 WOMEN: Under 118/Under 132/Over 132

NATIONAL QUALIFIERS will have six weight divisions for men and three for women WOMEN: Under 118/Under 132/Over 132 MEN: Under 143.25/Under 154.25/Under 176.25/Under 198.50/Over 198.50/Under 225.25

Friday Night Weigh-In - At Contest Site - Time: 8:30 p.m. to 9:30 p.m. NO LATE WEIGH-INS ALLOWED

Saturday time schedule:

9:00 a.m. All Women - Check In
9:30 a.m. Women - Prejudging
9:39 a.m. All Men - Check In
Pre-judging to follow women
7:00 p.m. Evening Competition

Entry deadline-postmarked by: _____ All late entries will be charged a \$50.00 late fee.

**IF A FALSE STATEMENT IS MADE ON THIS FORM YOU WILL BE SUSPENDED FOR ONE YEAR
NO ENTRY WILL BE ACCEPTED WITHOUT A COPY OF YOUR CURRENT NPC-USA CARD**

In case of a lost card, call NPC-USA (412) 276-5027

**CONTESTANTS WHO WISH TO RECEIVE COPIES OF THEIR SCORES SHEETS MUST PROVIDE A
STAMPED/SELF-ADDRESSED ENVELOPE WITH THEIR ENTRY FORMS**

I understand that no entry will be accepted without a signature or entry fee. I understand that this competition is NPC sanctioned and shall be conducted in accordance with the rules and regulations established by the NPC. In consideration of your acceptance of this entry form and fee, I hereby waive and release all rights and claims for damages against the National Physique Committee of the USA, Inc., NPC Texas state chairman Michael Johnston, the promoter, owners of the venue, all sponsors and vendors, employees or assigns by reason of injury or damage, which I incur, and include any injuries or damages suffered and sustained by members of my entourage or individuals associated with or accompanying me while traveling to and from or participating in this competition. I further agree to have my participation in the competition videotaped and photographed and I hereby waive and release all rights to said videotapes and photographs to the promoter for their exclusive use in the illustration and/or depiction of and concerning the sport of bodybuilding. I agree to abide by all decisions of the designated officials and declare that all the information contained herein is, to the best of my knowledge, true, correct and complete. I have read and understood the contents of this entry blank.

Signature _____ Date _____

Date _____
(Signature of Parent/Guardian required for contestants under the age of 18)

Return this form/your check for \$_____ and a copy of your NPC card to:

I affirm that I am qualified to enter this contest under NPC-TEXAS Rules

If entering open division only complete:

Contest in which eligibility was attained _____

Date: _____ City: _____

Class entered: _____

Place awarded: _____

Signature: _____

Certified check or money order - NO PERSONAL CHECKS NO REFUNDS ON ENTRY FEE

NAME: _____ AGE _____

ADDRESS: _____

CITY, STATE, ZIP _____

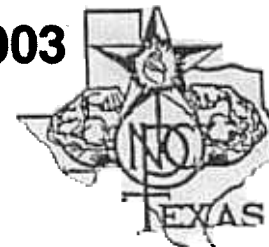
TELEPHONE: (_____) _____

CLASS ENTERED: _____ WEIGHT DIVISION: _____

EMAIL: _____

2003 NPC TEXAS CONTEST INFORMATION

2003



ALL contestants/officials/contest promoters MUST be current members of NPC-USA

ALL entry forms MUST have a copy of the entrant's current NPC card attached

The NPC-TEXAS district Co-Chairman is the Head Judge at all contests

NO coaches/friends/etc. will be allowed backstage at any time at any contest

ONLY contest officials with identifying badges will be allowed backstage

THIS WILL BE ENFORCED AT ALL CONTESTS

Participants in unsanctioned contests offering money-value prizes are disqualified from NPC competition

ALL contests will have an entry deadline at least 13 days prior to the contest

ALL late entries will be charged a \$50.00 late fee payable to NPC - Texas

When a competitor moves up to the next level of competition he/she MAY NOT EVER return to a lower level to compete

Any one who makes a false statement on an entry form in order to compete will be suspended from competition for one year

Displays of poor sportsmanship at any time during contest WILL NOT BE TOLERATED Such action will result in disciplinary action.

ENTRY REQUIREMENTS

NOVICE - You must never have won your weight class in any contest sanctioned by the NPC - USA.

OPEN - You must have WON your weight class in Level III, Level II or Novice contest sanctioned by the NPC -USA.

Teenage/Master/Collegiate/Pairs DO NOT fall under the above requirements - they also do not qualify anyone to move up or keep them from competing at the above competitions at discretion of District Chairman

OPEN and NOVICE will have three weight divisions for men and women:

MEN'S Under 165.25/Under 187.25/Over 187.25 WOMEN'S Under 118/Under 132/Over

Natural Contest Weights for Women Only

NATIONAL QUALIFIERS will have six weight divisions for men and three for women:

MEN'S Under 143.25/Under 165.25/Under 187.25/Under 209.25/Under 231.25/Over 231.25 WOMEN'S Under 118/Under 132/Over 132

Teenage/Masters will have only one weight division unless there are more than 12 entries. Moving to open discretion of chairman.

Other than a National Qualifier, in ANY contest, if there are fewer than three contestants in one class they will be moved to the closest class

NOVICE and TEENAGE and MASTERS competitions POSING ROUTINES AT THE NIGHT SHOW WILL BE 60 SECONDS - Posing only once if in 2 divisions

OPEN Competitions POSING ROUTINES AT THE NIGHT SHOW WILL BE 90 SECONDS

Posing music must be recorded on a fresh taped cassette with no other music on it and limited to the (time allowed for posing - no vulgar lyrics

All contestants will have a Friday night Weigh-In at the Meet Hotel from 8:30 p.m. to 9:30 p.m. NO LATE WEIGH-INS

Contest posing suits must be worn to weigh-in - posing suits must be approved by the Head Judge. Must cover 3/4 bottom and top

A preliminary judging round will be used when necessary to limit each division to eight contestants for prejudging.

The eight finalists from each division will return to be presented at the Evening Competition

The TOP 5 in each weight division will present their posing routines at the Evening Competition

The Top 3 in each weight division will receive awards

SCORING will be done in three rounds. A third round scored at evening competition

(1) Symmetry/Balance/Proportion (2) Individual presentation -60 seconds without music (3) Mandatory muscularity poses = 1 score counts as 2/3 total score

The Mandatory Muscularity Poses are:

Front Double Bicep

Side Chest and Bicep

Back Lat Spread

Either Side

Front Abs and Leg

Front Lat Spread

Either Side

Back double bicep

Side tricep

Men-Most Muscular

Women - Favorite Pose

Display of the "Moon" hamstring pose at any time will result in elimination from the Contest

Contestants who pose longer than the set time limits will be eliminated from the competition

CONTESTANTS WHO WISH TO RECEIVE COPIES OF THEIR SCORE SHEETS

MUST PROVIDE A SELF-ADDRESSED/STAMPED ENVELOPE WITH THEIR ENTRY FORMS

NPC-TEXAS
Contest Supervisor

MICHAEL A. JOHNSTON
(281) 537-2947 trueresults@sbcglobal.net

185 Old Bridge Lake
Houston, TX 77069

2003

REGISTRATION

NATIONAL PHYSIQUE COMMITTEE APPLICATION
MEN'S AND WOMEN'S REGISTRATION CARD
YOUR MEMBERSHIP EXPIRES ON DECEMBER 31, 2003

COMPLETE THE ENTIRE CARD - PRINT CLEARLY

REGISTER NOW



LAST NAME		FIRST NAME		INITIAL	
STREET ADDRESS				SOCIAL SECURITY #	
CITY				STATE	ZIP CODE
E-MAIL ADDRESS:					
AREA CODE		TELEPHONE #		DATE OF BIRTH	
REGISTRATION FEE \$60.00		DONATION AMOUNT \$		DATE OF APPLICATION	
YES		NO		MEMBER LAST YEAR	
MAKE CHECK PAYABLE TO: NATIONAL PHYSIQUE COMMITTEE					
ENCLOSE CHECK IN AN ENVELOPE WITH THE APPLICATION AND MAIL TO:					
You will receive 6 issues of the NPC NEWS FREE (a \$24.00 value) IF you register in January - after January you will receive only those issues which remain available - no back issues				DSI P.O. BOX 13541 PITTSBURGH, PA 15243	
IF UNDER 18, HAVE PARENTS INITIAL		I CERTIFY THAT THE ABOVE ANSWERS ARE CORRECT AND THAT I AM ELIGIBLE IN ACCORDANCE WITH THE RULES OF THE NATIONAL PHYSIQUE COMMITTEE.		SIGNATURE X	